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USE OF SURPLUS FARM PRODUCTS - TOMATOES JUL 29 1939 ★  
U. S. Department of Agriculture

An interview between Mrs. Rowena Schmidt Carpenter, Bureau of Home Economics, and Mr. Wallace Kadderly, Office of Information, broadcast Tuesday, July 25, 1939, in the Department of Agriculture period of the National Farm and Home Hour by the National Broadcasting Company and a network of associated radio stations.

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WALLACE KADDERLY:

Nathan Koenig has given us some information on supplies and prices of tomatoes -- and now we'll ask Rowena Carpenter of our Bureau of Home Economics about the food value of tomatoes, and ways to use this fruit -- or should I say vegetable, Mrs. Carpenter.

ROWENA CARPENTER:

I guess we'd better say vegetable Mr. Kadderly, though tomatoes are a fruit botanically speaking. In 1893 the Supreme Court of the United States decided, in connection with a tariff problem, that tomatoes are a vegetable in the language of common usage. But fruit or vegetable, I enjoy eating tomatoes! Just take a look at this one -- juicy, ripe, and red. Do you know how many vitamins it contains?

KADDERLY:

No, not exactly. It looks good enough to eat if it didn't have any vitamins. But how many?

CARPENTER:

Five -- one, two, three, four, five. If I gave you this tomato and you ate it, you'd have about half of all of the vitamin C you need for today -- just in one medium-sized ripe tomato. Think of that.

KADDERLY:

I am thinking. Half of my requirement for vitamin C for the day. What else?

CARPENTER:

A fine dividend: About one-fifth of your vitamin A for the day. Don't forget that, because it's important. Lots of people know about the vitamin C in tomatoes but they forget to give this vegetable credit for vitamin A.

KADDERLY:

Vitamin C and vitamin A---

CARPENTER:

Yes, and thrown in for good measure some of vitamin B<sub>1</sub> (that's thiamin, you know), some vitamin G, and some of the pellagra-preventive vitamin. Five vitamins, ---and dozens of ways to prepare tomatoes. No reason why we should ever tire of them.

KADDERLY:

A tomato the size of this one could be baked with stuffing, couldn't it?

CARPENTER:

It certainly could. But if you wanted something delicious that would take less time to prepare, let me recommend broiled tomatoes.

KADDERLY:

Broiled tomatoes? How do you fix 'em?

CARPENTER:

It's easy to do. Just cut good-sized tomatoes in half (after they've been washed of course), then remove the stem ends, and put the halves---the cut side up---in a greased baking dish. Then add salt, pepper, and melted butter or other fat, and place the tomatoes well below the flame of a broiling oven. Broil about 20 or 30 minutes, or until tender and lightly browned. Serve the tomatoes on slices of crisp, buttered toast and garnish with a little chopped parsley. With slices of crisp bacon and an iced beverage, you have practically a whole meal for hot weather.

KADDERLY:

You've mentioned two of the dozens of ways of preparing fresh tomatoes---and I know you could go on and on---But I'm thinking about the folks who are planning to can some of these surplus tomatoes. Have you directions to send them?

CARPENTER:

Yes we'd be delighted to send the bulletin on home canning. It now gives directions for canning tomatoes and also tomato juice.

KADDERLY:

That's F.B. 1762, Home canning of fruits, vegetables, and meats.

CARPENTER:

That's right, F. B. 1762. And speaking of canned tomatoes---they have nearly the same vitamin content as fresh ones. You know the natural acidity of the tomatoes protects their vitamin C content during the canning process. One cup of tomato juice, fairly thick with pulp will furnish ALL of your vitamin C requirement for the day.

KADDERLY:

Back to our vitamins again. You just can't get away from vitamins when talking about tomatoes.

(ad lib close---and mention how to get home canning bulletin - F. B. 1762)